



| Anlaby Primary School: PSHCE Long Term Plan (Year 2) | |
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| Year 2 | Autumn 1- Relationships <i>Friendship; feeling lonely; managing arguments</i> |
| Key Question | What makes a good friend? |
| POS Statements | <ul style="list-style-type: none"> • R6 about how people make friends and what makes a good friendship • R7 about how to recognise when they or someone else feels lonely and what to do • R8 simple strategies to resolve arguments between friends positively • R9 how to ask for help if a friendship is making them unhappy • R25 how to talk about and share their opinions on things that matter to them |

| Autumn 2- Relationships: <i>Behaviour; bullying; words and actions; respect for others</i> | |
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| Key Question | What is bullying? |
| POS Statements | <ul style="list-style-type: none"> • R10 that bodies and feelings can be hurt by words and actions; that people can say hurtful things online • R11 about how people may feel if they experience hurtful behaviour or bullying • R12 that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult • R16 about how to respond if physical contact makes them feel uncomfortable or unsafe • R17 about knowing there are situations when they should ask for permission and also when their permission should be sought • R21 about what is kind and unkind behaviour, and how this can affect others • R22 about how to treat themselves and others with respect; how to be polite and courteous • R24 how to listen to other people and play and work cooperatively • R25 how to talk about and share their opinions on things that matter to them |

Spring 1- Living in the wider world: *People and jobs; money; role of the internet*

| Key Question | What jobs do people do? |
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| POS Statements | <ul style="list-style-type: none"> • L7 about how the internet and digital devices can be used safely to find things out and to communicate with others • L8 about the role of the internet in everyday life • L15 that jobs help people to earn money to pay for things • L16 different jobs that people they know or people who work in the community do • L17 about some of the strengths and interests someone might need to do different jobs |

Spring 2- Health and wellbeing: *Keeping safe; recognising risk; rules*

| Key Question | What helps us to stay safe? |
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| POS Statements | <ul style="list-style-type: none"> • L1 about what rules are, why they are needed, and why different rules are needed for different situations • L9 that not all information seen online is true • H28 about rules and age restrictions that keep us safe • H29 to recognise risk in simple everyday situations and what action to take to minimise harm • H30 about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters) • H31 that household products (including medicines) can be harmful if not used correctly • H32 ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely • H34 basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them • R14 that sometimes people may behave differently online, including by pretending to be someone they are not • R16 about how to respond if physical contact makes them feel uncomfortable or unsafe • R18 about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually) • R19 basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe • R20 what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard |

Summer 1- Health and wellbeing: *Being healthy- eating, drinking, playing and sleeping*

| Key Question | What can help us grow and stay healthy? |
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| POS Statements | <ul style="list-style-type: none"> • H1 about what keeping healthy means: different ways to keep healthy • H2 about foods that support good health and the risks of eating too much sugar • H3 about how physical activity helps us to stay healthy; and ways to be physically active everyday • H4 about why sleep is important and different ways to rest and relax • H8 how to keep safe in the sun and protect skin from sun damage • H9 about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV |

Summer 2- Health and wellbeing: *Feelings; mood; times of change; loss and bereavement; growing up*

| Key Question | How do we recognise our feelings? |
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| POS Statements | <ul style="list-style-type: none"> • H11 about different feelings that humans can experience • H12 how to recognise and name different feelings • H13 how feelings can affect people's bodies and how they behave • H14 how to recognise what others might be feeling • H15 to recognise that not everyone feels the same at the same time, or feels the same about the same things • H16 about ways of sharing feelings; a range of words to describe feelings • H17 about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep) • H18 different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good • H19 to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it • H20 about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better • H24 how to manage when finding things difficult • H27 about preparing to move to a new class/year group |

